South Dakot

National Guard

Family Readiness

Annual Briefing

Wellness is Readiness

"Mission First, Families Always"

Family Readiness

- **We will discuss:**

- Purpose of the Family Program
- Preparedness
- Benefits
- Resources
- Youth

Family Readiness

- **Purpose of the Family Readiness Program**
- To provide service and family members **education** and **information** to foster self-reliant, strong and ready families.
- **Referral** assistance - Refer families to organizations and resources
- Provide **support** for families
- **Crisis** Assistance
- Improve family **well-being**

Family Readiness

State Family Readiness Office

familyprogram@sd.ngb.army.mil

1-800-658-3930

- *State Family Readiness Director*
  - **605-737-6728 / 605-415-3131**
- *State Youth Coordinator*
  - **605-737-6919 / 605-415-1808**
- *State Family Assistance Center (FAC) – Rapid City*
  - **1-800-658-3930 / 605-737-6079 / 605-381-285**
- *Family Assistance Center (FAC) - Brookings*
  - **1-866-597-0017 / 605-696-5416 / 605-415-17(**
- *Family Readiness Assistant*
  - **605-381-5761 / 605-737-6089**
- *State Family Readiness Specialist*
  - **605-737-6086**

Chaplain Support

1-800-658-3930

Family Readiness

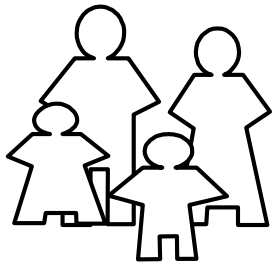
- **It is the <u>Commander's</u> tool done in partnership with families for developing strong, self-reliant families that can withstand the rigors of separation due to deployments, annual training and schools**

Family Readiness

- ***FAMILY READINESS FACTS***

- **Family Readiness cannot be achieved through "catch up" activities conducted just before or during deployment**

- **Family Readiness is directly tied to mission readiness and retention**



Family Readiness

- ***FAMILY READINESS FACTS***

- **Family Readiness is a command responsibility.**

- **Family Readiness is an individual service member responsibility.**

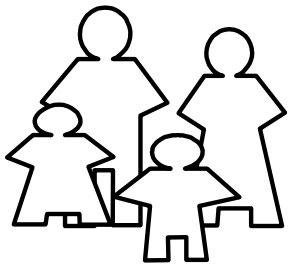
- ***Family READINESS* is a family matte**

Family Readiness

- **<u>Who</u> does the Family Readiness Program require to make it successful?**

TEAM effort

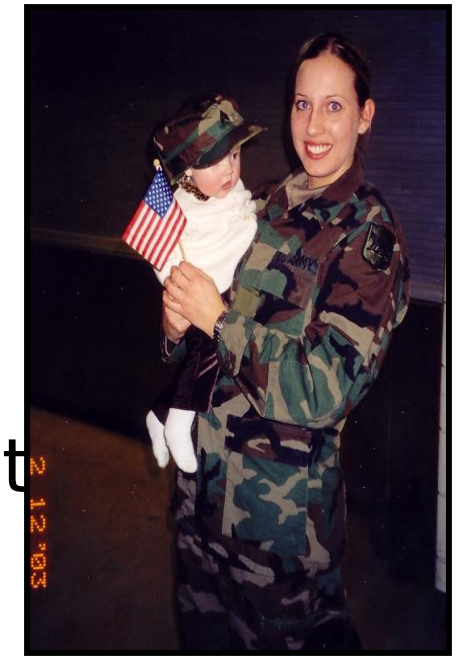
- Full-time support staff
- Commanders and 1SGs
- Unit Family Readiness Representatives
- Service members
- Family members
- Significant Others
- Civilian employers



Family Readiness

How do we prepare soldiers?

- Soldier Readiness Processing Exercises
- Briefings
- Family Care Plan
- Create and conduct training
- Encourage family involvement
- Keep them informed



Family Readiness

- How do we prepare families?
  - Develop strong Family Readiness Programs at the unit level
  - Create and conduct training for volunteers
  - Provide opportunities for t
  - Be an available resource
    - Family Assistance Centers

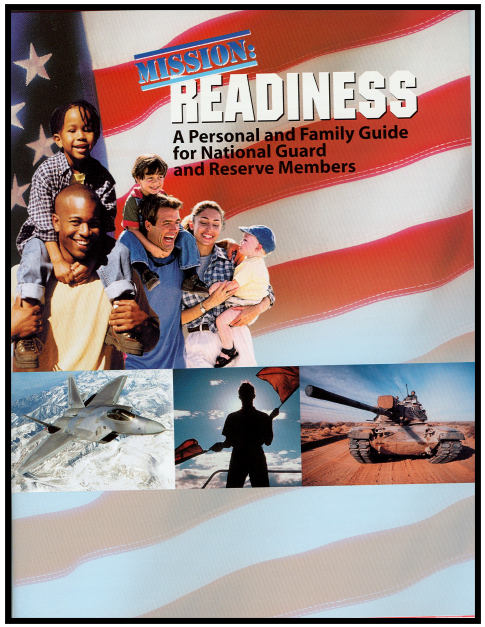
Family Readiness

Why belong to your unit's Family Readiness Group?

- **Gain information about the military and how it works.**
- **Become informed about connections to resources.**
- **Learn about military benefits.**
- **Get official news from your unit.**
- **Gain mutual emotional & physical support from each other (common bond).**

Family Readiness

- *PREPAREDNESS* – Do it now?



Guide to National Guard

- Telephone Trees
- Service/family member contact information
- Wills/power of attorneys
- Joint accounts
- Computer passwords (AKO- www.us.army.mil Mypay- www.dfas.mil)
- Emergency Data Card updated (DD93)
- Correct Information on life insurance (SGLV)
- Locate water shut offs, fuse box, septic systems & financial information
- DEERS enrollment updated
- Family Care Plan
- Business / Job Care Plan

South Dakota National Guard

Family Readiness

"Mission First – Families Always"

State Family Readiness Office

Family Readiness

- *PREPAREDNESS* – Do it **NOW**?
  - ***Individual Responsibility***
    - Keep your family informed
    - Encourage them to participate in unit events
    - Inform them of your training dates
    - Share your unit newsletter
    - Include your family
    - Ensure they understand benefits available
    - Provide them with emergency notification process when at training
    - Do a Family Care Plan with JAG assistance (if necessary)
    - Business / Job Plan

Family Readiness

- *PREPAREDNESS* – Do it now?
  - ***Single Service members***
    - Who will make your payments?
    - What will you do with your house/apartment?
    - What will you do with your possessions?
    - Are you in school – what is the school policy regarding military duty?
    - What will you do with your vehicle?
    - What will you do with your pet?

Family Readiness

- *PREPAREDNESS* – Do it now?

- ***Verify DEERS Enrollment*** – **KEY** to benefits and entitlements for families
  - ID cards
  - TriCare – **www.tricare.osd.mil** or 1-888-874-9378
    - **www.nchc.org/facts/cost.shtml**
  - TriCare Dental (United Concordia)
  - SGLI Family Coverage ($10,000 free for each dependent child)
  - Allows you to order from AAFES catalog

Family Readiness

- *Benefits Available*
  - ***Military Pay – www.dfas.mil***
  - ***TriCare Dental www.ucci.com or 1-888-622-2256***
    - Administered by United Concordia
    - Enrollment is for at least 12 months
    - Single Plan and Family Plan
    - Payroll deduction / direct billed

Family Readiness

Troop & Family Counseling Services
(888) 755-9355

- *Benefits Available*
- ***Troop and Family Counseling Services for National Guard and Reserves_***

  You and your family are entitled to 6 prepaid, face-to-face counseling sessions at **NO COST**

  ***Convenient 24-hour, Year-round access, FREE, Private counseling services__**

Provided by DoD at NO COST to Service members and their families

Family Readiness

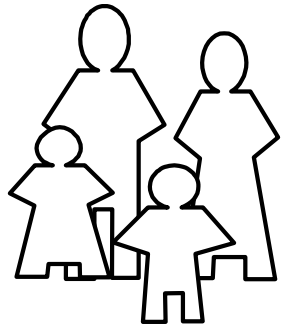
- *Benefits Available*
  - ***MilitaryOne Source – militaryonesource.com***

or call - 800-342-9647

  - All services available at **NO COST** to you and your family
  - Newsletters, articles, worksheets available
  - Can help to locate child care, summer camps, mechanics, etc in your local area
  - Over the phone or 6 private, in-person counseling sessions in your local area. (Can utilize this service more than once for different issues) at **NO COST**

Family Readiness

- *Benefits Available*
  - ***Armed Forces Recreation Centers***
    - Worldwide
    - Cost based on rank
    - www.armymwr.com
    - armedforces.com
    - www.military.com/travel
    - www.halekoa.com (1-800-367-6027)
  - ***Commissary***
    - Unlimited Access
    - www.reserve-nationalguard.com/benefits/commisary.html
    - www.commissaries.com/insidedeca.htm
  - ***Army & Air Force Exchange (AAFES)***
    - Unlimited Access
    - www.aafes.com



Family Readiness

- *Benefits Available*
  - ***Space Available Air Travel***
    - http://public.amc.af.mil/SPACEA/24_203.htm#General
  - ***Simple Wills, Power of Attorneys, Family Care Plans***
    - Accomplished through state JAG (Judge Advocate General) Office
    - Free of charge

Family Readiness

Resources Available - Information & Education

Welcome to the National Guard Online Community

To enter the site, click the image that best represents you

www.guardfamily.org

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State Family Readiness Office

Family Readiness

Resources Available - Resource Links

Welcome to the National Guard Online Community

One Guard One Family

Did You Know?

National Guard child and youth program

"Early" TRICARE Benefit Affects TDP Enrollment
ATTENTION NATIONAL GUARD & ...
More>>

VFW Offers Free Phone Cards
The VFW's Operation Uplink program ...
More>>

Support lifts Guard families
Staci Bloom appreciated the show of support she saw Friday night at a fundraising barbecue in Island Park to support family members of local ...
More>>

Military families get support
Meadows said since her husband received his activation orders in April, she's seen her children's grades drop, attitudes change and tempers ...
More>>

Military One Source

TRICARE Your Military Health Plan

Local Community Resource Finder

www.guardfamily.org

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Family Readiness

Resources Available - Training

Welcome to the National Guard Online Community

Access point to Guard Family Team Building online

Course list follows:

Introduction to the National Guard
History of the National Guard
Conflict Management & Resolution
Effective Leadership
Stress Management
Resources Around You
Deployment And Reunion
Family Finances
Family Readiness Groups
Introduction To Guard Family Action Plan

Also classes designed just for youth.

www.guardfamily.org

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Resources Available - Information & Training

MyArmyLife too .com
The Website of Choice for Army Fa

Army Basics

AFTB Level I Training

Military OneSource

Child and Youth Services

Children are the future. That's why we have a variety of programs available for Army children

Getting Involved

Access the Family Newsletter

Home and Family Life

The Army supports its families by offering programs and services to strengthen its families.

Lifelong Learning

Training includes:
Family Readiness Group Training
Rear Detachment Commander Training
AFTB Level I, II, III Training

Making a Move

Use these tools to make relocating to your new community easier.

Managing Deployment

Money Matters

Work and Careers

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Youth Program

- Deployment Training
- Reunion Training
- Drug & Alcohol Education / Awareness
- Peer Counseling
- Pen Pal Program
- Operation Military Ki
- Youth & Teen Camp

Youth Camps

Teen Camp Dates: (Teen Leadership Conference)

**June @ Brookings, SD (SDSU)

**All Teens are eligible (13 years old by Jan 1st

Youth Camp Dates:

**July @ Camp Bob Marshall in Custer State Park

**10-13 year olds (as of June 1st)

Operation Purple Camps : www.nmfa.org

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Office

STARBASE

Summer
Day Academy lasting for 1 week

Through 4th grade not yet entered
7th grade

8:45 am – 2:00 pm
Military sponsor

STARBASE

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Questions

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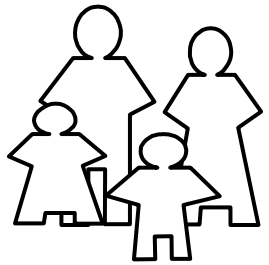

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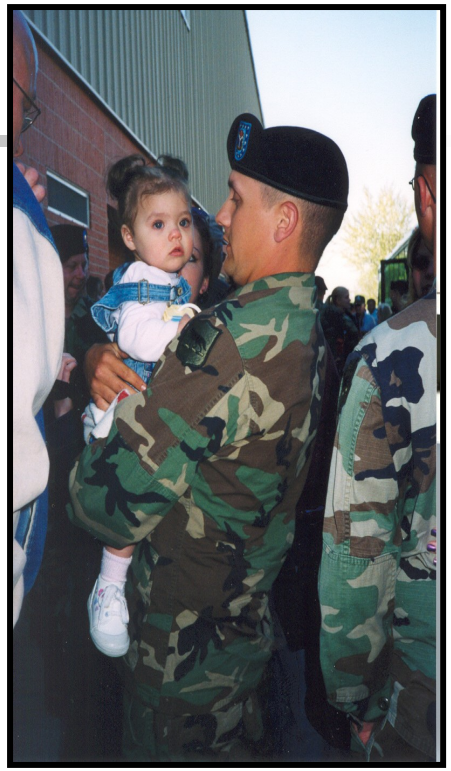
Thank You!



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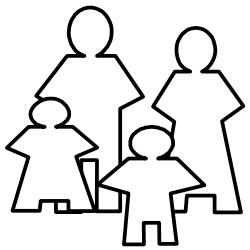

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